

TREKKING

# KATHMANDU – LANGTANG TREK

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Through Gosaikunda Lakes. All the landscapes  
of the Himalayas



B4Experience

# NEPAL



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Discover the charms of Nepal by practicing Trekking or Trail Running.  
Experience 12 days of true excitement and adventure on a route connecting  
Kathmandu and the Langtang Valley. Enjoy the wonderful landscapes offered by  
the trails of the Himalayas.

[View Web Program](#)

<https://b4experience.com/kathmandu-langtang-trek>





## RECOMMENDED MONTHS

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MARCH, APRIL, MAY, SEPTEMBER, OCTOBER, NOVEMBER,  
DECEMBER



## PRICE

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**From 960€ /person**

Group discounts









# Highlights

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- REACH THE HIMALAYAS ON FOOT FROM KATHMANDU
- 4.600M HIGH PASSES
- TREKKING OR TRAIL RUNNING
- SMALL PRIVATE GROUPS

# Private groups

100% customizable

| From<br>(People) | Category | Availability              | N° days | Price per<br>pers. |
|------------------|----------|---------------------------|---------|--------------------|
| 5                | Standard | 01 Sep 2025 - 08 Dec 2025 | 11      | 940€               |
| 2                | Standard | 01 Sep 2025 - 08 Dec 2025 | 11      | 990€               |
| 5                | Standard | 01 Mar 2026 - 31 May 2026 | 11      | 960€               |
| 2                | Standard | 01 Mar 2026 - 31 May 2026 | 11      | 995€               |
| 5                | Standard | 15 Sep 2026 - 31 Dec 2026 | 11      | 960€               |
| 2                | Standard | 15 Sep 2026 - 31 Dec 2026 | 11      | 995€               |

Travel only with your family or friends.

\*Confirm availability at [info@b4experience.com](mailto:info@b4experience.com) / +34 613 03 77 00 / [www.b4experience.com](http://www.b4experience.com)

# Open groups

*Share the experience with other travelers*

| Program                                               | Dates | Nº days | Seats available | Starting point | Price |
|-------------------------------------------------------|-------|---------|-----------------|----------------|-------|
| ✕ No open group events available, only private groups |       |         |                 |                |       |

*\*Confirm availability at [info@b4experience.com](mailto:info@b4experience.com) / +34 613 03 77 00 / [www.b4experience.com](http://www.b4experience.com)*



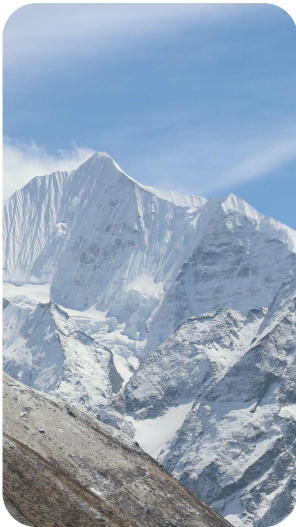
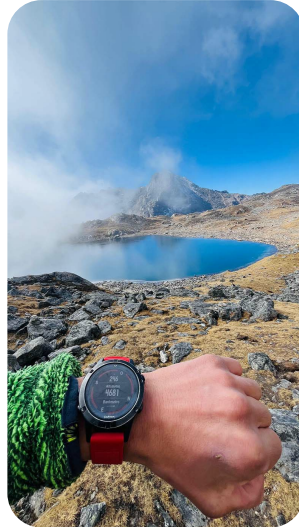
## ***Included***

- Private transfer from and to the airport
- Tourist class hotel in Kathmandu with breakfast included (shared room)
- Private bus to Boudhanath
- Bus to Sundarijal
- Transfer from Dunche to the hotel in Kathmandu
- Accommodation in lodges during trekking (tea houses, shared room)
- 3 fixed meals (breakfast, lunch, and dinner) suggested by the guide during the hike
- National park fees and TIMS fees
- English-speaking trekking guide (Sirdar)
- Porter (1 per every 2 people)
- Maximum 20 kg per luggage, recommending 8-10 kg per person
- Daily salary, food, and accommodation for Nepalese staff
- Insurance for guides and porters
- Technical advice and equipment

## ***Not Included***

- Flights and visas to Nepal (we can manage them)
- Drinks during the trek
- Lunch and dinner in Kathmandu
- Medical, rescue, and cancellation insurance (we can manage them)
- Expenses due to roadblocks, landslides, natural disasters, or strikes
- Anything not included in the "INCLUDED" section





# Itinerary

## DAY 1 : DEPARTURE FLIGHT TO KATHMANDU

Departure flight to Kathmandu.

## DAY 2 : ARRIVAL IN KATHMANDU

Arrival in Kathmandu. Transfer to the hotel. Free afternoon: you can visit the Swayambhu stupa (Monkey Temple), wander through the streets of Thamel, or have your first Dal bhat dinner (the most traditional dish of Nepali cuisine).

Accommodation: 3-star hotel

## DAY 3 : FROM BOUDHANATH TO CHISPANI

Pickup from the hotel early in the morning and transfer of the entire group to the great Boudhanath Stupa. It is one of the most sacred places in Buddhism and also highly revered by Hindus. It is the largest circular stupa in Eurasia and is filled with Buddhist schools and Tibetan refugees. Pilgrims are required to make 3 circumambulations around the stupa praying; we will do the same to bring luck for the journey ahead. A bus will take us to Sundarijal (on the outskirts of Kathmandu) where our trek begins. But if anyone feels like jogging, we can run directly from Boudhanath to Sundarijal (we only need to add 8 km to today's route). Immediately we enter the forest and begin the almost 10 km trek to the small village of Chisapani at 2,170 m.

Trek 1: Sundarijal to Chisapani (2170 m) (9.7 km, +1081 m -289 m; 4 h) (Optional extension: start from Boudhanath +8 km)

Accommodation: Tea house

Meals: breakfast + dinner + lunch

## DAY 4 : FROM CHISAPANI TO KUTUMSANG

We continue our route through the Helambu area, moving further away from Kathmandu and gradually ascending to achieve good acclimatization. Today will be the longest day of the entire trek, covering 16 km at a steady pace, including a good break for lunch in one of the small villages we will cross before arriving at Kutumsang (2,456 m).

Trek 2 From Chisapani to Kutumsang (2,456 m) (16.0 km, +1,280 m -987 m; 7 h).

Accommodation: Tea house

Meals: dinner + breakfast + lunch

## **DAY 5 : FROM KUTUMSANG TO MANGENGOTH**

Today awaits a much calmer day of less than 7 km to properly recover from the effort of the previous day until reaching a small lodge located in Mangengoth at 3,390 m. For those wanting more, in the afternoon we will ascend a nearby peak of 3,470 m, from where several peaks of almost 7,000 m can already be seen. The rest of the group will enjoy a yoga session during the sunset.

Trek 3 Kutumsang to Mangengoth (3,390 m) (6.6 km, +916 m -149 m; 4 h) (Optional extension: summit at 3,470 m).

Accommodation: Tea house

Meals: breakfast + dinner + lunch

## **DAY 6 : FROM MANGENGOTH TO THADEPATI**

We leave Mangengoth and head to Thadepati at 3,690 m. Today we will also do a calm and easy 6 km route with little elevation change. In the afternoon, the whole group will climb a 3,840 m mountain behind our lodge to help with acclimatization. If anyone feels up to it, we can continue to another mountain at 4,490 m and together decide whether to watch the sunset from the summit or from our lodge.

Trek 4 Mangengoth to Thadepati (3,690 m) (6.1 km, +496 m -611 m; 3 h) (Optional extension: summit at 3,840 m or 4,490 m).

Accommodation: Tea house

Meals: dinner + breakfast + lunch

## **DAY 7 : FROM THADEPATI TO PHEDI**

We have left behind the Helambu region and entered the Himalayas. Today we will reach the last inhabited place on this side of the Gosainkunda Pass. In less than 5 hours, we must reach Phedi at 3,630 m. Today is not a day to run, but to rest and gather strength for tomorrow when we will face the highest point of the entire route.

Trek 5 From Thadepati to Phedi (3,630 m) (8.0 km, +712 m -594 m; 5 h).

Accommodation: Tea house

Meals: dinner + breakfast + lunch

## **DAY 8 : FROM PHEDI TO GOSAIKUND**

Today we will all cross the Lauribina Pass (4,610 m), the highest point of the route. Afterward, a short descent will take us to the sacred lakes of Gosaikunda. If anyone feels like it, from the pass we can climb the nearest peak (5,040 m) or Surya Peak (5,145 m). At Gosaikunda, the god Shiva is worshipped, and pilgrims from around the world come to take a ritual bath in its icy waters to purify themselves. We only have to enter the water and run back to our lodge (or watch how others do it).

Trek 6 From Phedi to Gosaikunda (4,419 m) (6.5 km, +915 m - 262 m; 5 h) (Optional extension: summit 5,070 m).

Accommodation: Tea house

Meals: dinner + breakfast + lunch



#### **DAY 9 : FROM GOSAIKUND TO CHANDANBARI**

We start a path that practically descends all the way down to the bottom of the Langtang valley. Today's route will take us along a comfortable ridge with stunning views of Langtang Lirung (7,200 m) until we reach Chandanbari. In about 4 hours or less, we can reach this town and visit the Shing Gomba Buddhist monastery (3,330 m).

Trek 7 From Gosaikund to Chandanbari (9.0 km, +70 -1,176 m; 4 h).

Accommodation: Tea house

Meals: dinner + breakfast + lunch

#### **DAY 10 : FROM CHANDANBARI TO DUNCHE**

Last day of trekking. Today involves a long descent to the bottom of the valley to reach Dunche. Be alert for the forests in this area, which are full of wild monkeys. We have now arrived at the last town before the border with Tibet and the end of our route.

Trek 8 From Chandanbari to Dunche (1,950m) (11.6 km +100m – 1,750m; 5h).

Accommodation: Tea house

Meals: dinner + breakfast + lunch

#### **DAY 11 : FROM DUNCHE TO KATHMANDU**

A bus will pick us up early in the morning and we will begin the return to Kathmandu, arriving in 5 to 6 hours. In the afternoon, we can take the opportunity to visit Thamel or simply enjoy our last dinner in Nepal.

Accommodation: Tea house

Meals: breakfast + lunch

#### **DAY 12 : RETURN FLIGHT**

We can take advantage of the early morning to do last-minute shopping. Afterwards, we will be picked up at the hotel to take us to the airport. Flight back home.

Meals: breakfast.

### Extra Services :

All our tours in Nepal can be extended and customized. These are the most popular additional services:

- Morning Everest flight: approximately 1-hour flight to see/touch Mount Everest (we will fly just 8 km from the summit). Includes round-trip transfer to your hotel. (Departure at 5:15 a.m. and return by breakfast time)
- KTM Cultural Tour 1: 1-day tour to visit 3 UNESCO World Heritage sites: Pashupatinath Temple + Boudhanath Stupa + Bhaktapur City. (Cultural guide included (speaks English, Spanish...), additional hotel night and meals not included)
- KTM Cultural Tour 2: 1-day tour to visit 3 UNESCO World Heritage sites: Patan City + Kathmandu Durbar Square + Swoyambhu Nath Stupa. (Cultural guide included (speaks English, Spanish...), additional hotel night and meals not included)
- Extra night: One additional night in KTM (includes breakfast in shared or private room)

You can book additional services when reserving your trip or later.

***Payment and cancellation policy***

Initial deposit: To secure your spot, a deposit of 30% of the total trip cost is required at the time of booking.

Final payment: The remaining amount, equivalent to 70% of the total, must be paid no later than 60 days before the departure date.

Extras: Additional trip costs such as insurance, flights, or other optional services must be paid in full at the time of booking.

Cancellation insurance: The client may purchase travel cancellation insurance to recover the full amount paid (subject to the insurance terms).

The final user may cancel the contracted trip, having the right to a refund of amounts paid except for the penalties indicated, but must also satisfy the Agency for the amounts indicated below once the trip is confirmed. If the trip is not carried out due to not reaching the minimum required participants, the client may keep the credit for future trips or request a full refund of the deposit.

Cancellation policy 3:

Full refund within 24 hours after purchase

- Up to 60 days before the trip: 100% refund of the trip cost.
- Up to 45 days before the trip: 50% refund of the trip cost.
- For deadlines shorter than those described in the cancellation policy, the amount already paid will not be refunded.

\*Management fees of €250 apply.

\*Cancellation fees for already issued bookings will not be refunded. If there are other non-refundable fees already issued, these will also not be refunded and will be deducted from the amount to be paid.

\*The cancellation cost of issued flights is 100% of the amount.



## Packing List

### FUNCTIONAL CLOTHING

- Softshell jacket (windproof, water-repellent, lightweight) for normal activities or Hardshell (waterproof Gore Tex) only when very bad weather is forecast
- Light waterproof pants
- Warm jacket: down jacket or preferably primaloft (as they can withstand water)
- Light fleece
- Thermal pants and shirt for sleeping at the refuge
- Shorts and technical shirts (quick-dry)
- Swimsuits
- Underwear (recommended not cotton)

### HEAD

- Light running cap
- Wool hat
- Neck gaiter
- Sunglasses

### HANDS

- Light fleece gloves
- Trekking poles

### FEET

- Socks (recommended not cotton)
- Trail running shoes or trekking boots
- Trekking sandals with heel strap (optional)

### BACKPACKS

- Trail running vest or lightweight backpack
- Rain cover for backpack
- Canvas bag

### REFUGE GEAR

- Sleeping bag
- Earplugs

### ACCESSORIES

- Headlamp and spare battery or batteries
- Sunscreen, lip balm, and after sun

### FOOD/DRINK

- Hydration system minimum 1l (Camelbak, water bottle or flexible bottle)
- Thermos (optional)
- Snacks, nuts, gels, hydration and enough energy bars, protein bars, mixed nuts, magnesium tablets and recovery supplements

### TRAVEL EQUIPMENT

- Casual clothes
- Passport, visa, cash, insurance documents, vaccination card
- Microfiber towel
- First aid kit and medication
- Thermal blanket
- Mobile phone and watch with route track
- Powerbank, camera, charging cables, headphones, selfie stick...

# FAQs

## **What physical and technical level is required?**

You need a minimum level that allows you to do a mountain route of 1200m of elevation gain in one day. It is not a demanding route, and short hikes are interspersed throughout the day to ensure proper acclimatization and recovery from the trekking sessions. During the route, we can carry a small backpack with the things we will use during the day. Porters will transport our backpacks to the next lodge. For those who are always looking for more, we have several extensions available during the afternoons to ascend peaks near our lodges, ranging from 3,600 to 5,100 meters.

## **How to organize the bag with the equipment that the porter will carry?**

The porter carries the gear for two people (maximum 12kg per person). You should share one bag between each person and give it to the porter. Ideally, a duffel bag of approximately 80L will fit. The other bag will stay at your hotel in Kathmandu.

## **Backpack during the route:**

Bring a small backpack that can hold a jacket, a water bottle, and some snack bars or nuts. The porters will carry all the gear you don't need during the day.

## **Crampons**

Snow or ice may be present in the higher elevations of the trek, although this is rare. Conditions can change rapidly, especially on passes over 5,000 meters. Some people wear chain crampons to improve grip on slippery surfaces; spiked crampons are not necessary for trekking.

## **Cash**

In Kathmandu, you can usually pay by card (in restaurants, taxis, souvenir shops, etc., but not everywhere). After that, there will be no ATMs. It is essential to carry local currency. You can bring euros or dollars and exchange them directly for rupees at the airport or in Thamel on the day of arrival.

## **Recommended cash amount:**

It is recommended to bring a minimum of €250 in cash for non-included expenses, such as drinks or meals in Kathmandu, and tips.

## **Tips:**

Tips are usually given at the end of the trip (not mandatory, but highly recommended), in cash (they don't have a credit card machine). Guides: \$5–\$10 per person per day. On longer treks (such as the Annapurna Circuit or Everest Base Camp), tips can increase, reaching \$10–\$15 per person per day. Porters: \$3–\$5 per day per person. On longer or more demanding treks, you might consider increasing this to \$5–\$7.

## **Hygiene conditions in the lodges:**

As you gain altitude, accommodations become much more basic. It's recommended to bring wet wipes and a sleeping bag to avoid using blankets.

**Showers and hot water:**

At higher altitudes, hot showers are very rare. It's VERY easy to catch a cold, which increases the risk of altitude sickness. We recommend avoiding showers. Wet wipes are a good alternative for maintaining hygiene.

**Where will we stay?**

The first and last nights will be spent at the International Guest House in Kathmandu. The remaining nights will be spent in various lodges along the way. The program offers shared accommodation. If you prefer a single room, please specify this when booking.

**Medications for the altitude:**

The routes are gradual to avoid altitude sickness (as much as possible). The guides carry a complete first-aid kit, including an oxygen saturation monitor. For medications such as Edemox or similar, consult your doctor, although they are not necessary.

**Mobile Phone and SIM card:**

You can buy a SIM card upon arrival. Each region of Nepal has a different operator. Ask our team which one works in each area. A €15-€20 top-up will give you enough data to use WhatsApp when there's coverage. Regular calls are much more expensive.

**Is it necessary to take any type of supplement or recovery supplement?**

Supplements can be helpful, but they're not essential. It's a good idea to take iron in the days before starting an activity at altitude. You can consult your doctor or nutritionist about this.

**Water purification tablets**

Always buy bottled water or boiled water at the lodges.

**Mosquito Repellent:**

Repellent may be useful the first few days, but in high altitudes it is not necessary.

**Vaccination card:**

There are no mandatory vaccinations to travel to Nepal.

**Plug adapters:**

They are the same ones that exist in Europe.

**What are the passport and visa requirements?**

It is important to have a valid passport with at least 6 months validity. Nepal offers visas on arrival for most countries. You can speed up the process and avoid queues upon landing by applying online via this official website. Upon arrival, go to the bank counter at Tribhuvan International Airport with the submission ID (confirmation page) you received when you completed the Nepal visa application form. Pay the corresponding fee in cash and, after making the payment, go to the immigration officer's counter with your original passport to process the visa. In the case of a visa, stay up to date, as immigration policies change often. That is why it is advisable to check the information closer to your planned travel date. Currently, as of February 2025, the costs for a Nepal tourist visa are as follows: 15 days: USD 30 30 days: USD 50 90 days: USD 125.





## Contact us!

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